

Sweet N' Sour Snapper with Cabbage & Broccoli

This healthy version of sweet n' sour is quick and easy with lots of flavor. The sauce has a sweet flavor without using sugar. Cook rice while making recipe. Prep time: 20 minutes.

Ingredients:

- ½ medium onion, sliced medium thick
- 4 medium cloves garlic, pressed
- 1 TBS minced fresh ginger
- 2 cups small broccoli florets, cut into about ½ inch pieces with no stem for quick cooking.
- 1 lb snapper filet cut into 1 inch pieces (use thick filets)
- 4 cups finely shredded green cabbage
- 2 TBS chopped fresh cilantro salt and white pepper to taste
- 1 TBS sesame seeds



Sweet n Sour Sauce

- 3 TBS soy sauce
- ¼ cup rice vinegar
- ¼ cup mirin rice wine
- 2 plus 1 TBS chicken or vegetable broth
- 2 TBS honey
- salt and white pepper to taste

Directions:

1. Mix together sauce ingredients, soy sauce, rice vinegar, mirin, 2 TBS broth and honey. Simmer in a small saucepan over high heat for about 15 minutes reducing to half the volume. Set aside. This will intensify the flavor.
2. While sauce is reducing prepare ingredients.
3. Heat 1 TBS broth in a stainless steel wok or large skillet. Healthy Stir-Fry onion in broth for 1 minute over medium high heat, stirring constantly.
4. Add garlic, ginger, snapper and continue to stir-fry for another 2 minutes.
5. Add broccoli and continue to stir-fry for another minute.
6. Add cabbage and continue to stir-fry for another 2-3 minutes, stirring constantly.
7. Add sweet n sour sauce, cilantro, salt and pepper to taste. Sprinkle with sesame seeds.

Serves 4

Recipe from: www.whfoods.com

<http://www.whfoods.com/genpage.php?tname=recipe&dbid=136>